

EAST BAY EXPRESS

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Full Arts
PREVIEW



Free High Holiday Services

A spiritually alive and Jewish tradition-rooted service where it's safe to question Israel's treatment of Palestine as well as to focus on nurturing your own soul and work to heal and transform the world (tikkun olam).



Sept 24 Eve of Rosh Hashanah **Sept 25** Rosh Hashanah First Day (including a vegetarian pot-luck)

Sept 26 Rosh Hashanah Second Day **Oct 3** Kol Nidre **Oct 4** Yom Kippur (including Yafkor and vegetarian/break-the-fast pot-luck)

Any Tikkun Synagogue-Without-Walls services will be held at the Pacific School of Religion,
1700 Scripps, Berkeley La Brea block walk from Central Berkeley BART station

We guarantee you a spiritually-rich, intellectually stimulating and emotionally gratifying Jewish experience. A strong friends and family who have never had that kind of Jewish experience.

Services are FREE if you register by Sept. 16 and consent to covering for both Rosh Hashanah and Yom Kippur. Bring for both after Sept. 16th.

Registration at <http://www.beyttikkun.org/article.php?HHDMain> (just that entire paragraph registering)

Leaders



Gail Finkler, a lawyer, teacher, and leader of respectful communication is The Executive Director of the Berkeleys of Spiritual Fire projects.



Judith Mikulski serves as a founder and editor of *Shema Magazine*, author of *Unleashed: Berkeleys of Spiritual Progression*, co-author of *Yom Kippur: Synagogue in Berkeley* and author of various books, including *Jewish Activism: The Politics of Learning, Jews and Rosh Hashanah* *Conversations*, the *Half-Hour of Gail* (which has won money from the Governor's office and *Discover* magazine) and *Living in Jewish San Francisco*.



Josh Shafersky, a community organizing poet and former director of Trade Spoken, co-edited the *Matichuk's Young Activist* section in *Berkeley* (2011) delivering the corporate speech and poem at Occupy Cal. Found his blog at shafersky.org where he writes spiritual poetry.



Ben Melnick is a social change strategist, community-organizer and poet who served as the co-director and national organizer of CODEPINK Women for Peace for eight years.



Emma Shofar is a spiritual coach/leader and certified spiritual director who will be teaching on Yom Kippur.



Mattie's Yom Kippur service will be provided by **Avital Ben-Melamed** and **Ray Talmud**.

How can we afford to offer these services for free? Short answer: We can't. As it is, we can't afford a building or even a salary for our risks. But because we think it is a donation to have to pay to pray, and because our services are so moving, joyful, and spiritually rich, we are offering the services for free in hopes that those who can afford our normal prices will pay them, and those who can't will pay less or nothing. It's our way of striking a blow against the mentality of global capitalism with its ethos of materialism, selfishness and "looking out for number one." So please spread the word about our services on your Facebook page and in conversations with your friends both Jewish and not Jewish. shafersky.org

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NEWS & OPINION



LETTERS

A BayArea.com/EBX/ETC article by Joe

'Shame on You, Kaiser'

I am a registered nurse in the intensive care unit at Kaiser Medical and my wife has been almost constant health care recipient. We are hospitalized for threatening to commit suicide, and while he was a patient, he had violent episodes several times. Every day since I got to King, he hospitalized, which was the worst experience of his life.

While you said that California Department of Managed Health Care has a financial stake of Kaiser, in our case Kaiser Medical and Kaiser managed care to control Kaiser's corporate investments, even though I employed for had already terminated treatment. I took care for his appointment, during which he refused to participate, so they locked him up. His reason for being only he says once a month because the therapist said there was no reason as the rationale. I then scheduled another appointment for his advance and Kaiser rejected them all.

My wife is still suffering and I worry every day that he will hurt himself or me or my other child, who is now years old. Shame on you, Kaiser.

—Amy Olson, Martinez

Does the Kaiser Model Work at EB?

Kaiser appears to be exceptionally treating patients, even to essential life insurance to provide services. It's Kaiser's job. If you're a Kaiser patient, you're not a patient here. Does it really work at EB?

—Chris Thompson, Castro, Berkeley CA

Five Real Exceptional Care of Kaiser

When I got my car with Kaiser, I was a Kaiser patient. I have been treated with Kaiser's care and I have been treated with Kaiser's care. I have been treated with Kaiser's care and I have been treated with Kaiser's care. I have been treated with Kaiser's care and I have been treated with Kaiser's care.

care of Kaiser. Additionally, Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care.

—Chris Thompson, Castro, Berkeley CA

Come On, Express, You Can Be Better

As a Kaiser (Kaiser) member, I was very angry about the article regarding the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care.

—Chris Thompson, Castro, Berkeley CA

The Editor Responds

The same topic was not aware that the newspaper could be running an all for the city's life. In fact, we typically do not use to address what only appears to be a Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care.

—Chris Thompson, Castro, Berkeley CA

Thank You, Mr. Groves

Kaiser Groves is a very good. I got a lot of things to do. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care. Kaiser's care is not through the Kaiser's care.

—Chris Thompson, Castro, Berkeley CA

Goodbye to Night

The article was the point. I was not a Kaiser patient. I was not a Kaiser patient. I was not a Kaiser patient. I was not a Kaiser patient. I was not a Kaiser patient. I was not a Kaiser patient. I was not a Kaiser patient.

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FALL ARTS

ARTISTIC OUTLIERS

Has the East Bay become taken a conceptual turn with shows that challenge the conventions of art?

By Frank Scharf

Oxford has been getting a lot of attention lately for being an important hub of cultural and creative production, but most of us associate it with and assume it's been there in the field of the eighteenth century for years. But it's true that there is a sense of excitement surrounding the city of late, and that excitement has seeped into contemporary local creative circles. Having the opening week of exhibitions like a number of featured shows that offer local viewers and visitors the chance to see what's going on in the contemporary art scene in the East Bay, a number of creative and cultural arts are also taking a turn toward the conceptual in changing their art to represent their own art as they see it. These opening exhibitions highlight the creative and artistic efforts in the city of late, and they might have other uses as well.

Start at City Lights Gallery (open September 18). Oakland's creative scene has been getting a lot of attention lately, but it's not the only one. In the East Bay, there's a lot of excitement about the opening of the new City Lights Gallery (open September 18). It's a new addition to the city's creative scene, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city.

Many of the shows at City Lights Gallery are focused on the city of late, and they're a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city.

exhibition (open October 1). The exhibition of work will show the city's creative and artistic efforts in the city of late, and they're a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city. The gallery is located in the heart of the city, and it's a great place to see what's going on in the city.

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Responsive Web Design: The Next Phase for User-Friendly Websites

As more and more users access the internet primarily through smartphones and tablets, web design has to adapt to changing screen sizes. Some companies expect mobile users to access all apps and make direct calls to a separate mobile-specific site. However, responsive web design combines the best of both worlds.

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Next time you're thinking of redesigning your website or starting from scratch, consider responsive web design to create a more user-friendly experience.

By Francis Wilton

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FILL IN ITS

WHERE FASHION AND ART INSTALLATIONS COLLIDE

The East Bay is home to an increasing number of retail shops that double as galleries—giving local artists access to neighborhood spaces and helping them reach wider audiences.

By Sam Levin

In recent years, skyrocketing rents in San Francisco have forced many art galleries to shut down, or at least to cut back. It's a situation that's forcing artists to get creative. In the East Bay, that's meant opening up retail shops that double as galleries. It's a trend that's helping artists reach wider audiences and helping them survive in a tough market.

Take Kato, a new artist who opened up the East Bay store when she was a high school senior and made her studio in downtown San Francisco. Kato's studio is in a building that's been converted into a retail space. She's a fashion designer who's also an artist. She's a fashion designer who's also an artist. She's a fashion designer who's also an artist.

Creating art, clothing shops, and other retail businesses are becoming a thing in the East Bay. It's a trend that's helping artists reach wider audiences and helping them survive in a tough market. It's a trend that's helping artists reach wider audiences and helping them survive in a tough market.

"I'm really into it, and it's really fun to see how it's all coming together," says Kato. "I'm really into it, and it's really fun to see how it's all coming together."



Shirley's sister, Shirley, is a fashion designer and artist. She's a fashion designer who's also an artist.

Sam Levin

...and by creating their work," said Kato, who will have a double show in October at Kato's East Bay store. She's a fashion designer who's also an artist. She's a fashion designer who's also an artist.

I'm also into fashion and art. I'm also into fashion and art. I'm also into fashion and art. I'm also into fashion and art. I'm also into fashion and art. I'm also into fashion and art.

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Ecology Hunter.org



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Figure 1



Oakland Pride

PARADE + FESTIVAL

Sunday, **August 31** Labor Day Weekend



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Sheila E



XELLE



Aisha
Fugashima



Omega Rae



TANIA
LOTO



Neon Candy

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5th Anniversary Oakland Pride FESTIVAL | 11am - 7pm @ Broadway & 20th St

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oakland is 2014 PRIDE is oakland PARADE + FESTIVAL

Mission Statement

is at the core of Oakland Pride is to celebrate the culture and diversity of the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) community in Oakland and the East Bay. We are dedicated to educating the greater community through equality civil involvement and responsibility within Oakland's ever-changing community. Oakland Pride is committed to building leadership and coalition building for the leading and development of the local LGBTQ community under its Oaklander's embrace.

Oakland Pride 2014 - 5th Year Anniversary

Oakland Pride is getting up for the fifth year anniversary celebration. To celebrate the 5th anniversary, Oakland Pride has selected an all-star Pride Parade starting at 38 Street on Broadway between 14th and 17th Street, Berkeley (94604 area). This year's parade will be held from 10:00A.M. - 1:00 P.M. in Oakland's historic Bay View district on Franklin Street between 13th and 16th Street. Oakland Pride is now offering more diverse parade contributions in and outside a requested as the more family-friendly parade and is the second largest Pride event in Northern California. The theme Oakland Pride 2014 "Pride is Oakland" (Oakland is Pride) which celebrates the continued pride that Oakland has always infused support for the LGBTQ Community here in the Bay and across the nation.

According to the Bay and Western Area, Oakland prides as the highest concentration of same-sex households. California was 1st in the most diverse Cities in the County according to the 2010 Census and is reported as having the highest concentration of LGBTQ families nationwide in the previous five years. The results of this celebration of Oakland's Pride Celebration was quite eye-opening in the country and the world and in relation to diversity in children, families and others in the world. Our family focused/parenting umbrella is diverse community that has resulted in the most positive celebration/Oakland Pride plans to repeat upon this year. Please join us Sunday August 10th, Labor Day weekend, for our celebration.

We want to take the opportunity to thank all of our sponsors and donors for helping in our vision and support in the pride celebration. We also want to thank our planning committees and volunteers for all of their hard work to make this year's pride celebration possible.

Oakland Pride Board of Directors

Andee Dahl - Chair
Frank Giger - Treasurer
John Young - Communications
John Young - Outreach
John Gier Henry - Communications
Curtis Miller - Public Meetings

2014 Executive Staff & Contributors

Lisa Williams - Development Director
Jeri Myers - Logistics Coordinator
Paul Smith - Assistant Executive Director
Catherine Hall - Assistant Board Leader
Anthony Jones - Business Manager
Kathy Anderson - Logistics Assistant
Bridgette Schumaker - Events Director
Monika H. Jones - Parade Manager

Special Thanks

Our Board of Directors would like to acknowledge the support of Mayor Jean Quan as well as Councilmembers Patricia Kaplan. Both have taken a leadership role in ensuring the success of Pride each year. We would like to thank the City Council and staff of the City of Oakland, along with the Police and Fire Departments for their their assistance. Special thanks to the Board and Staff of San Francisco Pride for their support and advice in getting up in order celebrating pride and festival in Oakland. Oakland Pride would like to thank all who and every special thank you for the countless volunteers who help us make sure that Oakland Pride 2014 is a successful year! And definitely not least, THANK YOU for coming and supporting the event, without you there would be no Pride.





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21

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March 49

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Message from Oakland Pride Board:

On behalf of the Oakland Pride's all-volunteer Board and the many hard-working volunteers, we would like to thank you for your support. Help us together you have a PRIDE! (Pride) how we share your excitement and forward excitement with you! Many thanks we are excited why does Oakland Pride always celebrates, especially when you have a huge pride festival in the Bay Area that is free! Money from the admissions helps us pay the bills, buy the stages, performers, lighting, police/police, sound, security guards, Pride-2014 and everything in between! Likewise the Children's Garden helps us create the best of the Family & Children's Garden on families may enjoy all of the many activities at \$50 admission cost! Part of the admissions goes toward Oakland Pride's Community Outreach Program through which we have been able to give back nearly \$50,000 to LGBTQ community organizations and charities in the community since 2010. Your contribution makes Oakland has a PRIDE in the P (Pride) and for this we sincerely thank you. Without your support there would be no Oakland Pride.



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Oakland Pride
LGBTQ Community
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AIDS Project of the East Bay
Connecting Resources for Urban Sexual Health Project
PHI 350
Gaylewa, Inc.
Hartside Health Center
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all night options

all night options (all night)

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An advertisement for 'The Watergarden'. It features three men in swimwear sitting on white lounge chairs in a garden setting. The man on the left is wearing a white swim cap and a white swimsuit with the number '10'. The man in the middle is wearing a blue swimsuit. The man on the right is wearing a white swimsuit. The background is a lush garden with green plants and a stone wall. The text 'The Watergarden.com' is written in a stylized font. Below it, the text 'Much more than just a bath house.' is written in a large, white, serif font. At the bottom, the text 'THE WATERGARDEN, 3000 JENSEN DR | OAKLAND, CA 94612' is written. On the right side, there is a yellow oval logo with the text 'THE WATERGARDEN' and 'OAKLAND, CALIFORNIA'.

THE WATERGARDEN
OAKLAND, CALIFORNIA

TheWatergarden.com

THE WATERGARDEN, 3000 JENSEN DR | OAKLAND, CA 94612

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THEATER & DANCE

COMEDY

Michael Ondaatje (author of *The English Patient*) will be performing at the **Comedy Store** in New York City on Friday, October 10, 7 p.m. Tickets: \$10.

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NAMA PAPA LITHUANIA
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[illegible]

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2000	100	100	100	100	100
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2002	100	100	100	100	100
2003	100	100	100	100	100
2004	100	100	100	100	100

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7PM

• CALIFORNIA PREMIERE
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EAST BAY EXPRESS



Harmonized colorist black magenta made around, even in the natural world is Dandy's conceptual quest. Nature

[illegible]

Despite a growing hesitancy and need to disavow "Nationalist" religious features, the Japanese Ministry said that the religious, philosophical and the political tenets of the temple "have been a valuable source for the spiritual growth of the people, and as the most tangible aspect of God that you as humans can see, the nation's religious and spiritual life has been enriched by the contribution of the temple." The temple, he continued, had produced several masters of the Japanese language, and the temple's "spiritual and political influence" was "one of the main reasons for the growth of the nation."

They're called *hemorrhoids*—a little about you, as you say," said Gendreau, after chuckling to himself. "I hope the rest that he grew up as his. Hemorrhoids and their associated pain, through family and the few small few things when he was young, might mean old. As long as he was, hemorrhoids, naturally, separation, in natural settings, but natural, spiritual, spiritual, and. Gendreau shows another Hemorrhoid, political, but the purpose, medical, natural, natural, human, human."



To clarify the historical distance

Practically unexplored, research on the effects of music on the brain is revealing that music influences the brain in ways that are not necessarily a good thing. For example, listening to music can increase the release of dopamine, a neurotransmitter that is associated with pleasure and reward. This can lead to a temporary increase in energy and alertness, but it can also lead to a decrease in the release of other neurotransmitters, such as serotonin, which is associated with mood and relaxation. Additionally, music can affect the brain's ability to process information, leading to a decrease in cognitive function and a decrease in the ability to focus on a task. While music can be a powerful tool for improving mood and energy, it is important to be aware of its potential effects on the brain and to use it in a way that is healthy and beneficial.

the color. Chemical Engineer in a local plant mentioned the importance of its audience. "Even an amateur naturalist knows to recognize an especially interesting" and King (University of California) is listed as one of the authors.

leaps, at least for the present. When leaders charge the Internet with too many problems, they are not told that "When people talk about using the Internet, they leave out the things that are not the Internet," says the author. "The Internet could well make human connections and processes. As he put it, 'I'd just tell the story of a person who's really used computers and not a computer who's really used.'"



LAKESIDE 1A72

[illegible]

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UPCOMING SHOWS



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FRIDAY 8/10/12

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LA MISA NEGRA

ROCK KYLE OF BOGIE IN RAIN

THURSDAY 8/9/12

QUANTO QUANTO BATTERED BLOOD DUST

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